

# Asthma Action Plan/Peak Flow Numbers

Name: \_\_\_\_\_ Date: \_\_\_\_\_

Doctor: \_\_\_\_\_

Phone for doctor or clinic: \_\_\_\_\_

Emergency 911 or: \_\_\_\_\_

My best peak flow reading when I am feeling fine is: \_\_\_\_\_

## Green

Use your controller medicine every day.

### Breathing is good.

- No cough or wheeze
- Can work and play

Peak flow reading above \_\_\_\_\_

Medicine

How much to take

When to take it

_____	_____	_____
_____	_____	_____

## Yellow

Take rescue (quick-relief) medicine when you have a flare-up.

### You are having a flare-up.

- Cough or wheeze
- Tight chest
- Waking up at night

Peak flow reading between \_\_\_\_\_ and \_\_\_\_\_

Medicine

How much to take

When to take it

_____	_____	_____
_____	_____	_____
_____	_____	_____

## Red

**Get help from a doctor now!**

### You are having a serious flare-up.

- Rescue (quick-relief) medicine isn't helping
- Breathing hard and fast
- Can't walk or talk well

Peak flow reading below \_\_\_\_\_

Medicine

How much to take

When to take it

_____	_____	_____
_____	_____	_____
_____	_____	_____

Notes: